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The forecast for the
city's frosty debate on
snow-clearing **metroNEWS**

Ottawa metro



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High 32°C / Low 19°C Chance of showers

LANDSDOWNE PARK

Ottawa's newest cash cow



Lucy
Scholey
Metro | Ottawa

Ottawa city is set to cash in on Lansdowne Park after all.

A recent report shows the city will earn \$32.5 million from the partnership over the next 30 years — up from last year's estimate of zero.

The park saw revenues increase by 72 per cent — or \$43 million — between 2014 and 2015, the city's finance and economic development committee heard on Wednesday.

But despite this, the retail and stadium are not yet operating at full capacity.

And unresolved issues — like programming and parking — continue to plague the site.

Dan Chenier, general manager of parks and recreation said the city is still working out the kinks in Lansdowne Park's second year of operations.

"We're in learning mode," he said.

Road to *Rio*

OTTAWA'S OLYMPIANS Cameron Smedley

In the coming weeks, get to
know our local athletes
in Metro's profiles

metroNEWS



METRO FILE

THE ALL-NEW 2016

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POLICE

Officer found guilty of discreditable conduct



Joe Lofaro
Metro | Ottawa

An Ottawa police officer has been demoted for one year after he admitted to switching price tags on an expensive hiking bag at a west-end Canadian Tire store while he was on duty.

Const. Todd Sheppard, who has been on the force since 1998 and is currently a firearms officer, attended a Professional Standards Section hearing Tuesday to face a charge of discreditable conduct under the Police Services Act.

The constable entered the Canadian Tire store on Merivale Road on Feb. 24, wearing plain clothes and purchased a high-end hiking bag valued at approximately \$150

— but it registered as only about \$20 at the cash, according to an agreed statement of facts.

"As serious and grave as these proceedings are, they are a result of my neglect," Sheppard told hearing officer Terence Kelly, a retired York Regional Police deputy chief.

The store contacted the Organized Fraud Unit and a criminal investigation was opened as well as a complaint from the chief of police, Charles Bordeleau.

Police said Tuesday they reviewed the criminal investigation and decided not to lay criminal charges.

The hearing officer found him guilty Tuesday of the discreditable conduct charge. He will be demoted from a first-class constable to a second-class constable for 12 months.

BIKE LANES

Bylaw blitz results in hundreds of tickets



Lucy Scholey
Metro | Ottawa

Ottawa drivers: Avoid parking in bus and bike lanes.

That's the message from the city's bylaw department now that officers have ramped up ticketing and towing efforts this summer.

On Tuesday, Mayor Jim Watson tweeted that bylaw officers issued 323 tickets and towed 29 vehicles less than a week after warning drivers against parking in bike and bus lanes. Most of the vehicles — 18 in total — were towed on the first day of the enforcement blitz last Wednesday.

"We're already seeing a reduction," said bylaw chief Roger

Chapman. "I think people are catching on that we're out there."

Bylaw officers are focusing on the downtown core, but Chapman said he doesn't think the ramped-up summer construction season has anything to do with where drivers are illegally parking. The bylaw department has heard many illegal parking complaints on Elgin Street, although Chapman could not immediately confirm if that's where most vehicles are being ticketed and towed.

Drivers can be ticketed \$120 for stopping in a bus-only lane, and \$175 for driving in one. They'll face \$120 tickets for parking or driving in marked bike lanes, and could be also towed.

WITH FILES FROM EMMA JACKSON

IN BRIEF

Teacher charged with sex crimes involving student

An Ottawa teacher is facing charges of sexual assault, invitation to sexual touching and sexual interference over allegations she was involved with a male student.

Ottawa police say Ottawa-Carleton District School Board teacher Kyla Cowan-Wilson, 32, began the inappropriate relationship in 2013 and it carried on

throughout that school year. EMMA JACKSON/METRO

Brazeau pleads not guilty on impaired driving charge

Sen. Patrick Brazeau has pleaded not guilty to a charge of refusing to submit to a breathalyzer test.

Brazeau was not in court Tuesday morning in Gatineau. The case has been put over until Oct. 26.

THE CANADIAN PRESS

A new buzz around Ottawa Food Bank

HONEY

Community farm now has beehive thanks to \$1K grant

There's a buzz in the air at the Ottawa Food Bank's Community Harvest farming project at the Tom Black farm in Goulbourn.

Yes, it's literally a buzz because the Community Harvest farm now has a beehive right on site, with 40,000 to 50,000 bees helping to pollinate the farm's crops while also producing honey, which will be sold with the proceeds going to the Ottawa Food Bank.

It has all happened thanks to Marianne and Matt Gee of Gees Bees Honey Company and startup funding from JustChange Ottawa, a group of 12 individuals that provides \$1,000 grants to initiatives that produce positive outcomes for the community.

"Honeybees pollinate at least a third of the food that we eat," says Marianne Gee.

"Our hope is that our donated beehive, thanks to the JustChange Ottawa grant, will help produce more fruits and vegetables at the Ottawa Food Bank's farm."

The cost of installing and maintaining this beehive at



Matthew Gee of Gees Bees Honey Company checks out the beehive at the Ottawa Food Bank's Community Harvest farm in Goulbourn. JOHN CURRY/METROLAND MEDIA

the Community Harvest farm was covered for this year by the \$1,000 grant from JustChange Ottawa.

The group tries to fill a void in the funding of good ideas that fail to tap into larger grant-giving sources.

"JustChange Ottawa provides micro grants to help accelerate innovative projects that benefit our community," says Louise Grace of JustChange Ottawa.

"We're excited to see that

"Honeybees pollinate at least a third of the food that we eat."

Marianne Gee

our grant to Gees Bees Honey Company has contributed to this partnership between them and the Ottawa Food Bank,

which we're sure will lead to great things for the community both on and off the farm."

New this year at the Ottawa Food Bank's Community Harvest farm, besides the beehive, is a 20-foot-by-25-foot greenhouse that will be used as a place to cure the farm's onions, to start some of the farm's later crops and to be a classroom of sorts for visiting elementary school groups.

JOHN CURRY/METROLAND MEDIA

Cameron Smedley will paddle in Rio



The summer Olympics in Rio de Janeiro, Brazil, are set to take place next month and no matter what happens for West Carleton's Cameron Smedley, he can call himself an Olympian.

Smedley secured his spot on the Canadian team in June during the World Cup event in La Seu d'Urgell, Spain, as he amassed enough points to guarantee his selection.

The Canadian Olympic Committee and Canoe Kayak Canada officially announced on

June 27 that Smedley would be on the Olympic canoe-kayak team. He is joined by Andréanne Langlois, Émilie Fournel, Genevieve Orton, KC Fraser, Mark de Jonge, Adam van Koeverden, Mark Oldershaw and Michael Tayler.

The Olympics has been a goal for Smedley, probably more so after the London Olympic Games in 2012, where he had even fundraised to go, but then the International Canoe Federation executive committee decided to interpret the Olympic qualification rules in a different way than expected, which resulted in him not attending at all.

Smedley shook off his disappointment and last summer won a silver medal for Team Canada in the Canoe (C1) men's final at the Pan Am Games.

In canoe slalom, along with the rapids the paddlers have to deal with gates as they navigate the course. They cannot miss going through the gates or touch them, otherwise they receive a penalty. Typically, paddlers get two qualifier runs to have the chance to move further in the competition.

Despite some of the negativity coming out of Rio de Janeiro about the city's preparations for the Olympics, the big show is still set for Aug. 5



Cameron Smedley
COURTESY GLENN SPRINGER

to 21. The initial canoe slalom event is scheduled for Aug. 7 and 8 with the medal runs from Aug. 9 to 11.

SCOTT CAMPBELL/METROLAND MEDIA

Forecast for snow plowing

It's supposed to reach 32 C on Wednesday, so how about a frosty debate on snow clearing? The city's transportation committee will face some tough decisions as it looks to save \$6.4 million by 2018.

EMMA JACKSON METRO

BY THE NUMBERS

The kilometres of highways, roads, bike paths and sidewalks the city clears in the winter. It also plows 7,500 parking spaces and 15 park and ride lots. According to staff, Ottawa's 5,938 km of roads and highways could get you from Halifax to Vancouver and back, while our 2,233 km of sidewalks would provide a leisurely walk from here to Tampa Bay, Florida.

8,211

\$47.8 million

616

The amount the city overspent on winter maintenance between 2012 and 2015. Public works posted deficits each of those four years, including a \$23.9-million hole in 2013. In 2016, council cut the snow-clearing budget by \$2.7 million — an "efficiency savings" staff said won't affect service levels.

223

Ottawa's average snowfall, in centimetres, over 30 years. That can vary, of course: Mother Nature dumped 374 cm on us in 2008, but we made up for it in 2010 with just 111 cm. Of all the major cities in Canada, the capital gets more snow than most, with only Quebec City and Saint John, N.B., dealing with more. Toronto sees an average of 121 cm and Montreal deals with about 209.

\$6.4 million

The amount the city would save between now and 2018 if councillors approve recommendations to delay plowing and rely on more contractors.

The kilometres of new roads and sidewalks built in Ottawa since 2011. While the road network has grown 7 per cent and sidewalks have increased 11 per cent in the past five years, the snow clearing budget has only grown 4.6 per cent, and inflation has driven costs up, too, staff said.



MAKING (SNOW) BANK

City staff accepted KPMG's idea that, in theory, residents could be charged to dump snow on city rights-of-way — common practice in tight urban neighbourhoods. But while staff agreed it's a good idea, they said it needs further study to see if the money raised would be worth the administrative costs.



WINTER'S BRIGHT, WHITE GARBAGE

All that white stuff: it's just Mother Nature's trash, isn't it? So why not use garbage trucks to clear it away? Staff from the public works and environmental services departments are looking to do just that by outfitting a city-owned garbage truck with a snow plow attachment during really big snowstorms.



INTO THE DEEP

In a move Mayor Jim Watson called "draconian," staff are recommending snow plow operators wait until 10 centimetres has accumulated before they start clearing residential streets. Right now the standard is seven centimetres, but other major cities generally go by the 10-centimetre rule, KPMG found in its review. The change would save about \$1 million, and half of that would be reinvested into residential plowing so the work could get done faster.



STUCK IN REVERSE

Are you stuck at the snowy end of your plowing route? Does your side of the street always get the massive snow piles, while across the way is free and clear? Help may be coming, as the city begins a "reverse beat" pilot project that would switch start and end points every second storm. That could make a huge difference for residents who always get the short end of the shovel, staff said, since it can take up to 10 hours to complete a residential plowing route.



CITY STAFF SET ADRIFT?

KPMG recommended switching nearly all residential plowing to contracted labour, finding it's about 54 per cent more expensive per hour to keep operators on staff than contracting them out. That change could save the city about \$600,000. But city staff is going to use a "tiered response" instead. If approved, when a winter storm only requires salting and sanding, city staff on shift would take care of it. But if there's enough snow to warrant plowing, contractors would be brought in to help. Staff hopes this plan will save about \$1.5 million between now and 2018.



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ILLUMINATION PRESENTS

THE SECRET LIFE OF

PETS

JULY 8

IN THEATRES AND REAL D 3D

ILLUMINATION

UNIVERSAL

Canadian resident still held in Dhaka

A student from the University of Toronto is still in police custody after surviving a hostage crisis and terrorist attack at a café in Bangladesh last weekend, his cousin told Torstar.

Tahmid Hasib Khan, 22, has been held at a police station in the capital Dhaka since he was detained for questioning more than 72 hours ago, when security forces stormed the Holey Artisan Bakery to end an 11-hour hostage crisis, Khan's cousin Rasheek Ishtahim said in an interview Tuesday.



Tahmid Hasib Khan FACEBOOK

While Khan has spoken with his parents by phone, no family has been allowed to see him, Ishtahim said. The family is calling on Ottawa to help clear Khan, a Canadian permanent resident, of any involvement in the attack in which 22 people were killed, 18 of them foreign nationals.

Daesh claimed responsibility for the attack and its media branch published grotesque photographs of attack victims, according to the monitoring group, SITE. The Bangladeshi government, however, has blamed Jamaat-ul-Mujahideen, a domestic Islamist group. The home minister insisted Daesh has no presence in Bangladesh

and could not have guided the attack.

"After such incidents usually people are taken to the hospital, but this wasn't the case," said Ishtahim, adding that his family does not know why Khan has been detained so long.

"I think the police might think he was a threat because he was of the same age," he said. "We are trying our best to get him out."

News reports from Bangladesh and across the globe named Khan as one of two hostages still being questioned after the café raid. Britain's Telegraph newspaper reported Tuesday that Khan was being detained along with British civil engineer Abul Hasanat Reza Karim. A police chief quoted in the report would not comment on the interrogations.

Canada's Global Affairs spokesperson Diana Khaddaj declined to answer questions about Khan on Tuesday. In an emailed statement, she said consular officials in Dhaka are monitoring the situation but have "no reports of a Canadian citizen affected or detained following the attack."

TORSTAR NEWS SERVICE

MEDICAL MARIJUANA

Epileptic children's treatments seized

Parents of children suffering from epilepsy say a recent move by Canadian border agents to seize shipments of medical marijuana oil from an American company could have a catastrophic effect on their children's health.

The families have sent letters to the federal government pleading for the border to allow shipments of Charlotte's Web, a type of marijuana oil that has been touted by some researchers as an effective therapy for hard-to-treat forms of epilepsy.

Charlotte's Web — named after a Colorado girl with epilepsy — has very low levels of

the psychoactive ingredient tetrahydrocannabinol, but is high in cannabidiol, or CBD.

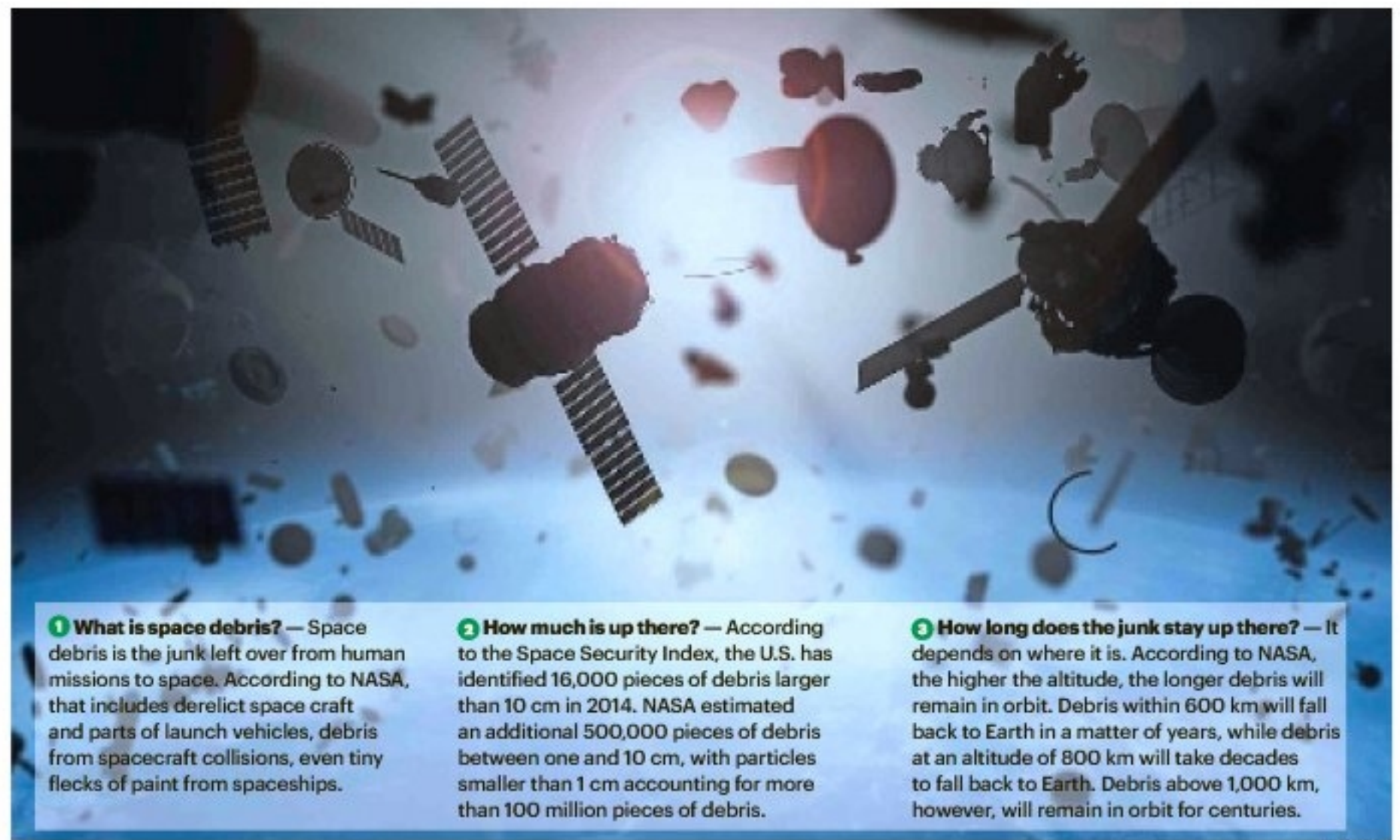
The families say they have been purchasing the oil from CW Hemp, a company based in Colorado, where marijuana was legalized in 2014. But the company notified the families late last month that it had stopped accepting Canadian orders after "a drastic" increase in the number of shipments seized at the border.

Canada Border Services Agency said it is simply enforcing the law because marijuana is still illegal in Canada.

THE CANADIAN PRESS



Alex Repetski gives his daughter Gwenevere oil-based medical marijuana to help control her seizures. THE CANADIAN PRESS



1 What is space debris? — Space debris is the junk left over from human missions to space. According to NASA, that includes derelict space craft and parts of launch vehicles, debris from spacecraft collisions, even tiny flecks of paint from spaceships.

2 How much is up there? — According to the Space Security Index, the U.S. has identified 16,000 pieces of debris larger than 10 cm in 2014. NASA estimated an additional 500,000 pieces of debris between one and 10 cm, with particles smaller than 1 cm accounting for more than 100 million pieces of debris.

3 How long does the junk stay up there? — It depends on where it is. According to NASA, the higher the altitude, the longer debris will remain in orbit. Debris within 600 km will fall back to Earth in a matter of years, while debris at an altitude of 800 km will take decades to fall back to Earth. Debris above 1,000 km, however, will remain in orbit for centuries.

ISTOCK

Hunk of junk in space

SECURITY

Weaponization of space tech is a concern for many

Canadian officials have "serious security concerns" over the increased presence of countries and private companies in the Earth's orbit, documents obtained by Torstar show.

Global Affairs Minister Stéphane Dion was warned in November that satellites enabling everything from telecommunications to national defence are facing a range of threats — from anti-satellite weaponry to pieces of junk floating around the planet.

"The viability of the space infrastructure is increasingly threatened by potential hostile acts from military or strategic opponents, space debris and space weather," state the documents,

obtained under access to information law and stamped "secret."

"The challenge of protecting space infrastructure from both natural and man-made threats is compounded by the rapid expansion of both the number of space-faring nations and the uses to which space assets are put."

Department officials note that Canada is "highly dependent" on the network of satellites orbiting Earth for communications and surveillance, weather forecasting, search and rescue, and even urban planning.

The documents note during the Cold War, both the United States and the U.S.S.R. tested anti-satellite weaponry, with varying degrees of success. More recently, China in 2007 and the U.S. in 2008 achieved the capability to destroy satellites in what is called, low Earth orbit. According to NASA, low Earth orbit is 180 km to 2,000 km above the Earth's surface.

But it's not just nation states that are increasingly active in

“The private sector is increasingly commercializing outer space and performing activities traditionally undertaken by governments.

Documents obtained by Torstar

outer space. New hopes for commercializing space travel have emerged in recent years, including PayPal founder Elon Musk's SpaceX company and Amazon founder Jeff Bezos' Blue Origin.

According to the documents, Canadian officials are concerned about the "dual-use" nature of space technology — meaning tech that can be repurposed from its original intention to perform other, potentially dangerous functions.

Torstar requested an interview with Global Affairs for this article, but no one was available on Tuesday.

Paul Meyer, a fellow at Simon Fraser University who served in Canada's foreign service for more than three decades, said there appears to be a "revived inter-

est" in the federal government to pursue space security issues.

"Canada used to be quite involved in issues relating to outer space," Meyer said in an interview Tuesday.

"More recently, (there's been) advocacy, active advocacy of the non-weaponization of outer space. This is a kind of key concept: yes, there are military uses in outer space, in terms of satellites that have military functions, but up to now it hasn't become a weaponized environment."

Meyer said when states talk about the "weaponization" of outer space, they're usually talking about weapons that can target other countries' satellites — not, say, some kind of superlaser that could be trained on planetary targets. TORSTAR NEWS SERVICE

UNITED KINGDOM

Tories start choosing a leader

The race to succeed Conservative Prime Minister David Cameron intensified Tuesday as Britain grappled with growing signs of economic strain after the vote to leave the European Union.

With the British currency plunging to its lowest point in three decades, Home Secretary Theresa May scored a substantial victory in the first round of voting to determine who will follow Cameron as party leader and prime minister.

She garnered just over half the votes cast, with 165 Conservative Party members of Parliament backing her. Her strong showing does not guarantee she will eventually reside at 10 Downing Street, however, as lawmakers will narrow the field to two candidates and then put the matter to a vote before the entire party membership.

The victor, to be announced Sept. 9, will be charged with becoming prime minister and

leading what are expected to be tense negotiations to extricate Britain from the 28-nation EU bloc.

May, who backed remaining in the EU, said she was pleased by the result in the vote.

"There is a big job before us: To unite our party and the country, to negotiate the best possible deal as we leave the EU, and to make Britain work for everyone," said May.

THE ASSOCIATED PRESS

IN BRIEF

No charges for Clinton

The FBI lifted a major legal threat to Hillary Clinton's campaign Tuesday, recommending no criminal charges for her handling of classified material in a private email account. But Director James Comey's criticism of her "extremely careless" behaviour revitalized Republican attacks and guaranteed the issue will continue to dog her. THE ASSOCIATED PRESS

ROSEMARY WESTWOOD ON QUESTIONS NO ONE'S ASKING MOMS

Obscured beneath predictable, vapid chatter about baby weight are questions I would desperately like to ask new mothers

There's a certain societal assumption that women with babies aren't very interesting.

Useful, perhaps, in a zookeeper kind of way. But not so much intellectually stimulating. Having revealed themselves to be the owner of a working uterus, they tend to be thought of only as a uterus, or perhaps a being transformed by virtue of her uterus into a slave finely tuned to the rhythms of eating, sleeping and soiling.

Unless, of course, they're a celebrity.

In that case, they become very interesting on one particular point: How did she lose the baby weight?!!

I will admit that watching a wealthy woman yo-yo in size from spherical to cylindrical does raise the question. But it's very, very, very easily answered. Like anybody who loses any weight, ever, women lose baby weight via a combination of diet, exercise and God-like force of will. (I guess some might get surgery. Probably some do.)

But it's actually always the exact same story, with a few rotating details that obscure the likely use of starvation. And as a slice of self-help advice, it's a story completely devoid of usefulness to most women who are too busy working and child-rearing to work out eight hours a day, and too poor to pay for a personal chef and personal trainer/baby-weight-loss enforcer, plus a Kim K-endorsed corset.

What is glorious? What is brutal? Tell me every detail that blows away the large, grey fog of 'it's all worth it.'

There's nothing wrong with wanting to fit your wardrobe from nine months ago, obviously, especially if it's full of clothes you actually like. Having never given over my body to the growth and needs of an alien being, I clearly can't relate to the havoc that experience wreaks on far more than waistlines.

my Twitter feed not far behind a CBC News tweet about the model Molly Sims and — you guessed it — her baby weight.

Thorpe's story doesn't mention calorie counting. It's far more devastating than bootcamp regimes. It reads like a kind of wail from a woman who both loves her children and feels

Tell me every detail that blows away the large, grey fog of "it's all worth it" and "hardest job ever" and "you don't need sleep" and "best part of your life" — the platitudes and cheap lines that might feel real and right to parents who use them, but offer no insight, no form, no shape or colour, no edges hard or soft.



INQUIRING MINDS WANT TO KNOW Please, please, Kim, tell us how you managed to lose the all-important baby weight. THE ASSOCIATED PRESS

But headlining new-mom stories with baby-weight woes is a simple, retro-grade way to suggest the only priority for new mothers is to be damn hot. As if they could assert their old independence by looking as they once did, and so we never need ask more about the earthquake that is parenthood.

Worse is this: Obscured beneath that inane, predictable, vapid chatter are myriad questions I would desperately like to ask new mothers.

Enter "Mother, Writer, Monster, Maid" by Rufi Thorpe. The essay, which was published by Vela, an online magazine of writing by women tumbled down

imprisoned by them.

"There is a deep, almost suffocating solitude to my days, and yet there is also the California ocean, the flowers, the breeze. It is lovely; it is intolerable; it is both," Thorpe writes.

"I have tried to say it to my husband; I have tried to say, 'I hate my life.' I have tried to say, 'I need help.' I have tried to explain why I am finding being a mother so difficult, but in the face of his questions, my explanations collapse," she goes on. As a writer who's hoping to one day have children, and who's utterly terrified of what that will mean, this is what I want to hear from mothers. What is glorious? What is brutal?

In her essay, Thorpe notes a series of recent articles "that argue that there is an inherent conflict between motherhood and artistic work," an argument at which many creative mothers may or may not bristle. An argument that seems hyperbolic, and exactly the kind of dialogue I am seeking.

Thorpe's essay has an uplifting ending, but that's almost beside the point. Indelicate questions have been asked, by one mother, of herself, and there's nothing self-help about it.

It's only one view, but it's more illuminating than decades of tabloid talk. A single window into motherhood, sans dress size.



Police do belong at Pride, just not too many



Emma Teitel
For Metro

At Toronto's LGBTQ pride parade Sunday, Black Lives Matter staged a 30-minute parade-halting protest, marked by enormous plumes of multi-coloured smoke — the result of harmless smoke bombs.

If you were standing anywhere close to the demonstration, it was undeniably beautiful.

But if, like a close friend of mine, you were a few hundred yards from the sit-in, anxiously trying to determine what just happened, you might not have been impressed — you might have been afraid.

You might have thought, as my friend did, with the horror of the Orlando LGBTQ nightclub shooting fresh in his mind, "Why did the parade stop? Is something wrong?"

So it transpired that BLM Toronto, a group that advocates fiercely for "safe spaces," made at least one queer person in their midst feel momentarily, very unsafe.

Of course, instilling fear was not BLM's intention, but the confusion isn't meaningless. It's relevant to a larger question in the aftermath of Gay Pride and BLM Toronto's controversial demand that police officers cease to march in the parade, out of respect to LGBTQ people of colour who feel threatened by their presence.

How should we prioritize the safety of an exceedingly diverse group like the LGBTQ community? And what happens when one community's idea of safety isn't another's?

Let's say, for example, that you're an older white gay guy who can remember a time when police raided

bathhouses, but who now, seeing a succession of smiling modern-day cops march in the parade, is buoyed by a newfound sense of pride and, yes, safety.

Should you suddenly regard your positive feelings toward the police as suspect because your transgender peers of colour don't share them?

BLM Toronto would say yes. I say yes — and no.

Yes, because Pride is and should stay political. It should strive to eradicate injustice. Its work isn't done.

But no, because it is also a celebration of gains won. And today's struggles should not preclude the celebration of yesterday's strides: the public embrace of the LGBTQ community by police.

It's important for kids watching the parade to see that there are queer cops and firefighters marching proud.

But the rage expressed by BLM Toronto is 100 per cent legitimate. Police discrimination disproportionately affects LGBTQ people of colour. Their fear of law enforcement is real and reasonable.

So I'd like to propose a compromise, the kind not yet offered publicly by Pride organizers themselves.

Toronto Pride should not altogether eliminate police presence from the parade. It should significantly reduce it. There are, flat out, too many police officers marching in the parade. (A friend even turned to me during an especially long procession of men and women in blue and said, "Is this a cop parade?")

This is a compromise that might make queer people of colour feel safer — and everyone feel less bored.

Emma Teitel is a national columnist for the Toronto Star

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Can you be kinda-sorta vegan?

LIFESTYLE

A look at plant-based diets leads to a lesson in labels

Genna Buck
Metro Canada



People come into Kupfert & Kim, a vegan take-out joint with six locations around Toronto, for all sorts of reasons.

Some are looking for a substantial lunch that's healthier than typical fast-food fare, while others are seeking lactose- and gluten-free options, said staff member Jesus Rodriguez. But most have one thing in common, he added: They don't call themselves vegan.

All the items on the restaurant's menu are free of meat, fish and animal by-products like milk, butter and eggs — what's conventionally understood to be vegan.

But almost everyone who was at the busy downtown location on Tuesday at lunchtime said they didn't identify with any dietary label at all. Just two were vegetarians.

The customers were "vegan" that day only incidentally or occasionally. Their reasons for choosing an animal-free lunch or snack ranged from, "It's really fresh and really good," as one woman grabbing a blueberry smoothie said, to, in the case of customer Jeff McLeod, simply because he really likes the coffee.

DEFINITIONS

Vegan Someone who abstains from foods made from animals or animal by-products like dairy, eggs and honey. Many vegans say veganism extends beyond diet to a lifestyle and philosophy that aims to minimize animal suffering in every way.

Plant-based diet Broadly, this could refer to anyone who mostly eats foods that come from plants. But more recently, "plant-based" has come to refer to people who follow a diet identical to what vegans eat, but who don't choose to adopt the broader philosophy of veganism.

Fruitarian An extreme vegan who follows a high-carbohydrate, low-fat, low-protein diet consisting almost entirely of fruit. This is discouraged by doctors and dietitians.



Staff member Jesus Rodriguez shows off some vegan fare available at Toronto's Kupfert & Kim. LIZ BEDDALL/METRO

In the eyes of many self-identified vegans, there's absolutely no such thing as an occasional vegan.

"An occasional vegan ... that's like ... let me think ... that's like saying you're an occasional Buddhist," said Toronto-based life coach Kimberly Carroll, who has been vegan for 10 years. "Veganism is a philosophy. It's about eliminating harm to animals as much as possible. It goes beyond diet."

Carroll doesn't wear silk (from caterpillars), fur, wool or leather, and doesn't go anywhere animals are used for entertainment,



like zoos or aquariums.

Within the vegan community, the term "plant-based diet" is more commonly used to describe the choice to abstain from all animal products, but not identify with the vegan lifestyle, Carroll explained. (Confusingly, many

"I did stomp on a centipede once. I felt bad about it."

Kimberly Carroll has been a vegan for 10 years, and she aims to reduce animal suffering in every aspect of her life

people who eat animal products once in a while, but are mostly vegan or vegetarian, also say they follow a "plant-based diet.")

The precise definitions of all these terms, it turns out, are hotly contested.

Oakville, Ont. food writer An-

gela Liddon learned that the hard way last year.

She cooks vegan meals for her family and features them on her site, Oh She Glows. But her husband isn't a vegan, and, she explained in a blog post, her infant daughter Adriana won't necessarily be either.

In response to the reader question, "Will you raise your daughter a vegan?" she wrote, "I want her to be able to try any food that she wants to, including the food her dad and family members eat," whether it's vegan or animal-based.

What followed was a deluge

of "hateful and threatening" comments accusing her of being not vegan enough and not doing for the vegan movement. Liddon wrote in a follow-up post.

The experience scared her off the word "vegan" altogether.

"I will keep on doing my thing, but without a personal label on my diet or lifestyle," she wrote, adding she plans to continue sharing the same kinds of "crowd-pleasing, plant-based recipes."

Judgemental attitudes, like what Liddon experienced, are troubling to Sandra Veljovic, incoming president of the Veg Club at the University of Toronto. Though she's a strict vegan herself, Veljovic said being militant about labels "makes us seem a lot less accessible and perpetuates the stereotype of vegans being super extreme."

No one is 100 per cent successful at being vegan, Carroll said, because it's nigh on impossible to go through life without causing any animal suffering at all.

Case in point: "I did stomp on a centipede once," she confessed. "I felt bad about it."

Although she is extremely conscientious personally, Carroll wants as many people as possible to identify with and feel welcome to join the vegan and vegetarian movements, even if their adherence is not perfectly pure.

"The more folks identify as vegans, the better for vegans," she said, because it will expand the vegan options available and reduce the amount of animal products used. Ultimately she said, "I want animals to not suffer."



JOHANNA SCHNELLER WHAT I'M WATCHING

Helping towns on the ropes stand up again

THE SHOW: Still Standing, Season 2, Episode 3 (CBC)

THE MOMENT: The Titanic joke

Series host Jonny Harris is on stage in Georgetown, P.E.I. The town is struggling: The timber mill closed in 2007, the shipyard three years later. Harris has been interviewing locals, and he incorporates their stories into his standup routine.

"There were 15 bars here once; now there are none," Harris says. "There were 1,600

people, now there are 650. Proving a direct correlation between alcohol and population." The audience chuckles.

Harris introduces a local who wants pocket cruise ships to stop here. "A pocket cruiser would help," Harris says. "Heck, a canoe would help. Jack and Rose from Titanic clinging to a piece of debris would help — as long as when you fished them out they'd go buy an ice cream."

The premise here could not

be simpler: Harris arrives in a town beset by adversity, bones up on the history, tapes a few chats. Then he sets up a stage with a map of Canada and a few strings of lights, and delivers his routine — equal parts ribbing, education and boosterism.

The enterprise feels like exactly what the CBC should be doing. That's not usually good news — it smacks of taking your medicine. But Still Standing works. Harris and his subjects react to one an-

other with good-natured charm, while the seriousness of the towns' plights makes humour feel like a brave choice.

Props to Harris: He hears the same hard tale in every small town — the end of fishing and lumber gutted them — yet finds fresh jokes every time.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Still Standing's Jonny Harris CONTRIBUTED

After the fast ... it's time for the feast

RECIPE

End of Ramadan opens the door to the dessert delights of Eid

As Ramadan comes to an end, Muslims are celebrating Eid al-Fitar, a day of feasting following a month of fasts. As with any global holiday, the treats vary from place to place. The Somalis have buskud (short-bread); Pakistanis make sheer khurma (vermicelli cooked in sweet milk); and the Turkish and Bosnians bake baklava.

Here's a glimpse into some other home-made Eid treats Canadians are digging into this week.

Trinidadian Sawine (Makes 8 to 10 servings)

Muslims in Trinidad and Tobago make up just about 10 per cent of the population, but Eid is a public holiday and families take the day off to don new clothes, visit the mosque (Trinidad has 85 and Tobago has two) and cook up a storm, says Lazina Aziz, 77, who was born in Trinidad before coming to Canada 20 years ago. Aziz makes a sweet puddinglike dessert called sawine (pronounced "sa-wine"). Thin vermicelli noodles are toasted to a golden brown in butter, then cooked in sweetened milk flavoured with spices, nuts, dried fruit and other toppings.

Ingredients:

- 2 tbsp (30 mL) unsalted butter
- 1 1/2 cups (375 mL) cut



Sawine (left) is a Trinidadian dessert of buttery toasted vermicelli cooked in sweet milk then topped with nuts and dried fruit while **Kahk** is a very old dessert eaten by Egyptians during Eid. KARAN LIU/TORSTAR NEWS SERVICE

- 1 cinnamon stick or 1 tsp (5 mL) ground cinnamon
- 6 whole green cardamom pods
- 2 cups (500 mL) each: boiling water, evaporated milk
- 1/2 cup (125 mL) sweetened condensed milk
- Raisins, for garnish
- Chopped toasted almonds, for garnish

Directions:

1. In a large saucepan, melt butter over medium heat. Add vermicelli, cinnamon and cardamom. Stir constantly, covering noodles in butter and toasting until fragrant, about

2 to 3 minutes. Remove cinnamon stick and cardamom pods.

2. Add boiling water; continue to cook on medium until noodles are tender and most of the water has evaporated, about 10 to 15 minutes.

3. Reduce heat to low. Stir in evaporated and condensed milks until warm.

4. Divide into bowls. Top with raisins and chopped almonds. Serve immediately.

Egyptian Kahk (Makes 36 cookies)

In Egypt, the essential dessert for Eid is kahk (pronounced "ka-hk" with a strong emphasis on the H), a crumbly cookie stuffed with a sweet paste and covered in powdered sugar. "My grandma would spend hours kneading the dough, but this was before the days of the KitchenAid," says Nora Hindy, 33, a teacher.

Ingredients (for the walnut filling):

- 1/2 cup (125 mL) each: water, all-purpose flour, honey, toasted sesame seeds
- 3/4 cup (180 mL) crushed and toasted walnuts

- 1 tbsp (15 mL) rosewater, optional

Directions:

1. In a small pan over very low heat, whisk water, flour and honey together until well incorporated and smooth. Fold in sesame seeds and walnuts; stir in rosewater if using. Remove from heat.

2. Let mixture cool to room temperature to form a paste.

Ingredients (for the dough):

- 4 cups (1 L) all-purpose flour
- 1 1/4 cups (310 mL) ghee or clarified butter
- 2 tsp (10 mL) powdered

sugar, plus more for dusting cookies

- 1 tbsp (15 mL) ground mahaleb
- 1/2 tsp (2 mL) each: ground aniseed, ground fennel seed
- 1 1/2 tbsp (2 packets) instant dry active yeast
- 1/2 cup (125 mL) lukewarm water
- Walnut filling

Directions:

1. Preheat oven to 375F (190C). In a stand mixer with hook attachment, mix flour and ghee on low speed until dough is evenly mixed but still crumbly.

2. In the meantime, in a mixing bowl stir together sugar, mahaleb, aniseed, fennel seed and yeast. Add water and mix until yeast starts to bubble. Cover with plastic wrap and let sit for 10 minutes, or until mixture doubles in size.

3. Add yeast mixture to flour mixture. Mix dough on low speed until just combined into a solid ball. Add more water if dough is too dry.

4. Divide dough into table-spoon-sized balls. Take dough ball and flatten into a disc shape with hand. Scoop 1 teaspoon of walnut filling into centre of flattened dough ball. Roll dough back into a ball. Repeat with remaining dough.

5. Place dough on lined baking sheet and bake for 20 minutes, or until cookies are slightly golden brown.

6. Let cool on a rack; dust generously with powdered sugar.

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Frugal Focus rewards steady drivers



REVIEW

Fun to drive in medium to slow traffic



Sami Haj-Assaad
AutoGuide.com

Ford is sticking all kinds of EcoBoost engines into its compact cars, but this one isn't the hairy, rally-inspired Focus RS you've heard all about, and it's certainly not the tail-happy Focus ST that lights up the track.

While those two turbo-charged versions of the Focus are all about speed, the one I'm testing is the polar opposite. With its force-fed three-cylinder engine, you need to take it slow and steady. And if you drive this car slow and steady, it will reward the driver with extra miles per gallon.

Ford and the EPA suggest that the best the 1.0-litre EcoBoost can do in the Focus is a whopping 35 mpg. It might not be as exciting as what the Focus RS and Focus ST can do, but for some people, this frugality can be a thrill in its own right.

First seen in the U.S. on the Fiesta, the engine makes 123 hp and 125 lb-ft of torque and is paired to a six-speed transmission, either an automatic or a manual. Manual models are capable of getting 35 mpg combined, while automatics earn just 32 mpg combined. Automatic start-stop helps improve things in traffic. Canadians get

both the sedan and hatchback body styles.

The car feels pretty responsive in the mid-range, making it surprisingly fun to drive in slow to medium-speed traffic. Ask much more of it, say, passing on the highway, and you're going to be wanting more power and for it to arrive much sooner. And while you can jump through traffic lights with a bit of gusto, doing so comes at the cost of fuel economy. This 1.0-litre EcoBoost needs you to take things a bit slowly. Simply put, the power plant is only suitable for staying right at the speed limit and driving gingerly and smoothly.

Despite the requirement to be driven sedately, the car is quite fun and responsive to drive. The steering feels tight and well weighted, giving a confident feel to the driver.

The interior and exterior haven't been radically changed this year. The car avoids looking too stale thanks to a new bumper and LED daytime running lights. The interior has also been updated, with Ford offering the new Sync 3 infotainment system and USB ports that are said to help charge your devices twice as quickly as the old units.

There are some issues to address. For starters, it's not easy to achieve the car's advertised fuel economy numbers, and doing so requires some unrealistic driving habits.

If you're going to get an EcoBoost Focus, you should either get a fun one like the ST or RS, or else stick with the naturally aspirated model.

ALL PHOTOS CONTRIBUTED

THE CHECKLIST | 2016 FORD FOCUS 1.0-LITRE ECOBOOST

THE BASICS

Engine: 1.0-litre three-cylinder
Power: 123-hp, 125 lb-ft of torque
Transmission: six-speed manual or automatic
Fuel Economy (L/100 km): Manual: 7.8 city, 5.7 highway, 6.8 combined. Automatic: 8.5 city, 5.9 highway, 7.3 combined
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LOVE IT

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- Driving dynamics
- Looks good

LEAVE IT

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- Hard to net MPGs
- 2.0L is easier to drive and faster

3 CLASSIC RIDES THAT SPIKED IN VALUE OVER THE PAST YEAR

The world's leading insurance provider for classic vehicles, Hagerty, has released a list of the hottest collector cars of the summer. If you've been keeping your eye on any of these, you might want to act fast. JASON SIU/AUTOGUIDE.COM

1 1997 Ferrari F355 Spider

If you want to drop the top on a Ferrari, you might be surprised to hear what the F355 is worth today. The 1997 Ferrari F355 Spider is currently worth \$90,100 in top condition, a noticeable increase from its January 2016 value of \$77,500. But this particular model is on the rise, considering in January 2015 it was worth around \$51,000! An excellent-condition one is worth around \$68,900.



2 1987 Mercedes-Benz 560SL

Perhaps the Ferrari is too flashy and you prefer something more classy. The 1987 Mercedes-Benz 560SL is a primary candidate, and its value is quickly rising. Currently a top-condition model will run you around \$75,700. It's also one of the biggest jumps on the list, since the 1987 Mercedes-Benz 560SL was valued around \$32,500 in January 2015.



3 1990 BMW M3

But the car seeing the biggest jump in the past year is the 1990 BMW M3. You might be shocked to hear that a top-condition model begs a price of \$121,000 in today's world and even an excellent-condition has a price tag of around \$76,100. It has been on the rise since January 2015, when a top condition was valued around \$69,000. In January 2016, Hagerty says, it would fetch around \$115,000.



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In the first 96 hours of free agency, NBA teams committed about \$3 billion toward contracts — that's almost \$9,000 a second over four days



Andre De Grasse races to victory in the men's 100 metres during a Diamond League event in Oslo, Norway, on June 9. VIDAR RUUD/AFP/GETTY IMAGES

Switch to the fast(er) lane

TRACK AND FIELD

De Grasse takes world-class training into Olympic trials

When Andre De Grasse lines up against the world's fastest men at the Rio Olympics, it will be the punctuation mark on a season that was written in countless training runs down the track at a small college in Arizona.

The Canadian sprint star raised some eyebrows when he upended his training environment just six months out from the Rio Olympics.

The 21-year-old swapped what was essentially a two-man training group at the University of Southern California to become just one of over 100 world-class athletes from 30 countries working with the Altis training centre in Phoenix.

Training against the best in the world on a daily basis, he said, will stand him in good stead when he lines up in Rio.

"Before it was just me

and my training partner Beejay (Lee, his USC teammate)," De Grasse said. "But we both came here, and the atmosphere ... we have guys who are just as fast as us, that push us every day."

"It's really good for us competitively because before you didn't really know where you were at, in practice. But now you can tell, if you're with your training partner or you're near him doing a rep, you know you're in pretty good shape."

The Markham, Ont., sprinter will be the headliner at this week's Canadian Olympic trials in Edmonton, and he has his eyes on a medal at the Rio Olympics.

He'll also be one of about a dozen Altis athletes, including sprinter Justyn Warner and long jumper Christabel Netey, competing in Edmonton.

Paradise Valley Community College, the Altis training base, sits in the shadow of Camelback Mountain in a sleepy Phoenix neighbourhood. The giant cacti

outside the chainlink fence could pass for onlookers against the glare of the sun.

The athletes arrive in waves — smaller groups make for more effective coaching. They paint a global mosaic in their various national team gear, from Great Britain, India, Japan, Australia, Saint Lucia, Samoa and Canada.

Damian Warner, Canada's world silver medallist in the decathlon, travelled to Phoenix several times this season to work with Altis.

"The main thing I like about this program is just the atmosphere, and the coaches," Warner said during a break between sessions.

"The atmosphere is a little different from what I'm used to. I can pole vault and I'm pole vaulting with a guy (Steve Lewis) who is the British record holder. Then I look over and there's the world record holder in the hurdles, Aries Merritt (of the U.S.). It's just kind of a cool atmosphere, and everybody here is focusing on their own goals, and focusing on Rio, and you can tell, and you can feed off that energy." THE CANADIAN PRESS



De Grasse could be pushed by Aaron Brown, who recently became just the second Canadian in nearly two decades to run a sub-10-second 100 metres. GETTY IMAGES FILE

NHL

Senators' Hoffman files for arbitration

Ottawa Senators forward Mike Hoffman is one of 24 NHL players filing for salary arbitration.

Hoffman, who led the Senators with 29 goals in 2015-16, is filing for arbitration for a second straight year. He was awarded a \$2-million US, one-year deal by an arbitrator before last season. He had asked for a one-year, \$3.4

million contract, while the Senators countered with a one-year, \$1.75 million contract.

Salary arbitration hearings will be held in Toronto from July 20 to Aug. 4.

Other notable players filing for arbitration include Colorado defenceman Tyson Barrie, New York Rangers forward Chris Kreider and St. Louis forward Jaden Schwartz.

The NHL Players' Association released the list on Tuesday. THE CANADIAN PRESS

IN BRIEF

Williams sisters advance to Wimbledon semifinals

The Williams sisters could be headed for another meeting in a Grand Slam final.

Venus Williams made it back to the Wimbledon semifinals for the first time in seven years on Tuesday, beating Yaroslava Shvedova of Kazakhstan 7-6 (5), 6-2. It's her first semifinal at a major since the 2010 U.S. Open.

A short while later, Serena Williams beat Anastasia Pavlyuchenkova of Russia 6-4, 6-4. THE ASSOCIATED PRESS

Five Cubs elected to start in Midsummer Classic

The Chicago Cubs became the first team since the 1976 Cincinnati Reds' Big Red Machine to have five players voted as all-star game starters when their entire infield earned the honour Tuesday along with centre fielder Dexter Fowler. Seven Cubs were picked in all, with pitchers Jake Arrieta and Jon Lester selected.

Edwin Encarnacion, Josh Donaldson and Marco Estrada of the Blue Jays were selected. THE ASSOCIATED PRESS

CFL

Redblacks tandem repeats weekly nod

Ottawa quarterback Trevor Harris, Redblacks teammate Chris Williams and Calgary running back Jerome Messam are the CFL's top performers of the week.

Harris passed for 395 yards and three touchdown passes in his first start of the season as Ottawa beat Montreal 28-13 on Thursday.

Harris was also named a top performer last week, when he came on for an injured Henry Burris and led the Redblacks to a 45-37 win in Edmonton.



Trevor Harris
TORSTAR NEWS
SERVICE FILE

Williams also picked up his second straight performer of the week nomination with 187 receiving yards.

Messam carried the ball 16 times for 137 yards, including a 53-yard dash, as the Stampeders downed Winnipeg 36-22. THE CANADIAN PRESS

FIBA BASKETBALL

Canada starts Rio qualifier with victory



Canada's Thomas Scrubb defends against Turkey's Ali Muhammed on Tuesday.

TED ALJIBE/AFP/GETTY IMAGES

Toronto Raptors point guard Cory Joseph led Canada to a 77-69 win over Turkey on the opening day of the FIBA Olympic basketball qualifying tournament.

Joseph led the Canadian attack Tuesday in Manila, Philippines with 21 points, five assists and three rebounds.

The No. 8-ranked Turks pulled within five late in the second quarter but Joseph and Tristan Thompson of the Cleveland

TUESDAY In Manila

77 **69**
CANADA TURKEY

Cavaliers quashed the momentum as 26th-ranked Canada entered halftime with a 39-30 lead.

Canada outshot Turkey from the floor, hitting 42 per cent of field-goal attempts and 37 per

cent from three-point territory. The Canadians also posted a stellar 83 per cent rating from the free-throw line.

"Obviously they're a very good basketball nation and it was a hard fought win," said Canadian coach Jay Triano.

Thompson and former Carleton Raven Phil Scrubb each scored 10 points for Canada while Sinan Guler led Turkey with 14 points.

THE CANADIAN PRESS



The pressure will be on Cristiano Ronaldo to finally link up with his teammates on Wednesday. FRANCISCO LEONG/AFP/GETTY IMAGES

Willingness to win ugly

EURO 2016
SEMIFINAL SETUP

Pragmatic Portugal a win away from final despite dull play

Don't let Cristiano Ronaldo's devilish grin and chiselled torso fool you. Portugal is the undisputed ugly duckling of the four teams left standing at the European Championship.

While semifinal rival Wales, along with Germany and France, have all impressed with big wins to deservedly reach this stage, Portugal has only joined them after barely squeaking through each round.

And unless Ronaldo can rediscover his scoring touch, Portugal will struggle to find a way past an attack fuelled by Gareth Bale when it plays Wales at the Stade de Lyon on Wednesday.

Portugal coach Fernando San-

tos, however, doesn't care about style or statistics.

"I would be bothered if I was at home and they were saying Portugal had played well but was no longer at the Euro," Santos said. "We have a goal and we are doing all we can to achieve it. We are not here to play pretty or ugly."

"We are going to take on an excellent opponent, which has more victories and scored more goals than we have, but we believe we are going to win."

How Santos' side has managed to reach its fourth semifinal appearance in the last five continental competitions is something of a mystery.

Portugal has yet to beat an opponent in 90 minutes of regulation play after five matches at Euro 2016.

Portugal limped into the round of 16 after three draws, finishing third in Group F behind Hungary and Iceland. It then needed an extra-time goal from Ricardo Quaresma to see off Croatia 1-0 in one of the poorest matches of the tournament. Next came a quarter-final against Poland that Portugal claimed in a penalty shootout following its finish at 1-1 after 120 minutes.

All told, Portugal has been in the lead for a total of 22 minutes over the course of more than eight hours of football in France.

Yet, here they are, one win away from the final in Paris on Sunday.

Understandably enough, Portugal's players are focusing on the product, not the process.

"Criticism gives us more motivation," said midfielder Danilo, who is likely to start against Wales for the suspended William Carvalho.

"It's not easy, we see it in the news but it motivates us. It makes us determined to prove them wrong."

THE ASSOCIATED PRESS



Fernando Santos
GETTY IMAGES

+ TOURNEY NOTES

Pepe yet to get the OK

Coach Fernando Santos says his team will make a match-day decision as to whether central defender Pepe is fit to play against Wales.

Safety, not cuteness, first

UEFA says it is cute but not safe for players' children to join in post-match celebrations on the pitch.

Security gets high marks

UEFA's tournament director Martin Kallen says he is "very satisfied" with security operations ahead of the last three matches.



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PHOTO: MAYA VISNIEI

Ceri Marsh & Laura Keogh
For Metro Canada

Do your prep in the morning so your chops can spend the day in the fridge marinating. Come dinner time you'll just spend another 10 minutes grilling and this glorious meal will be all yours.

Ready in
Prep time: 2 hours
Cook time: 15 minutes

- Ingredients**
- 2 cups water
 - 1/4 cup Dijon mustard, divided
 - 4 thin-cut boneless pork loin chops
 - 2 teaspoons extra-virgin olive oil
 - 2 granny smith apples, cored and quartered
 - 2 tablespoons goat cheese
 - salt and freshly ground pepper

Directions

1. In a large, plastic storage bag, combine water, 3 tablespoons mustard, 1 tablespoon salt and pork chops. Shake well and refrigerate for 2 to 4 hours; drain well and discard brine.

2. Preheat grill to medium high heat. Combine remaining 1 tablespoon of mustard and oil in a small bowl and brush over apple quarters and pork chops.

3. Place on grill, flipping halfway through, until pork is gold brown and cooked through, and apples are charred but still juicy. Apples will only need 4 to 5 minutes. Transfer them to plates and then add pork when it is finished. Garnish with goat cheese and serve.

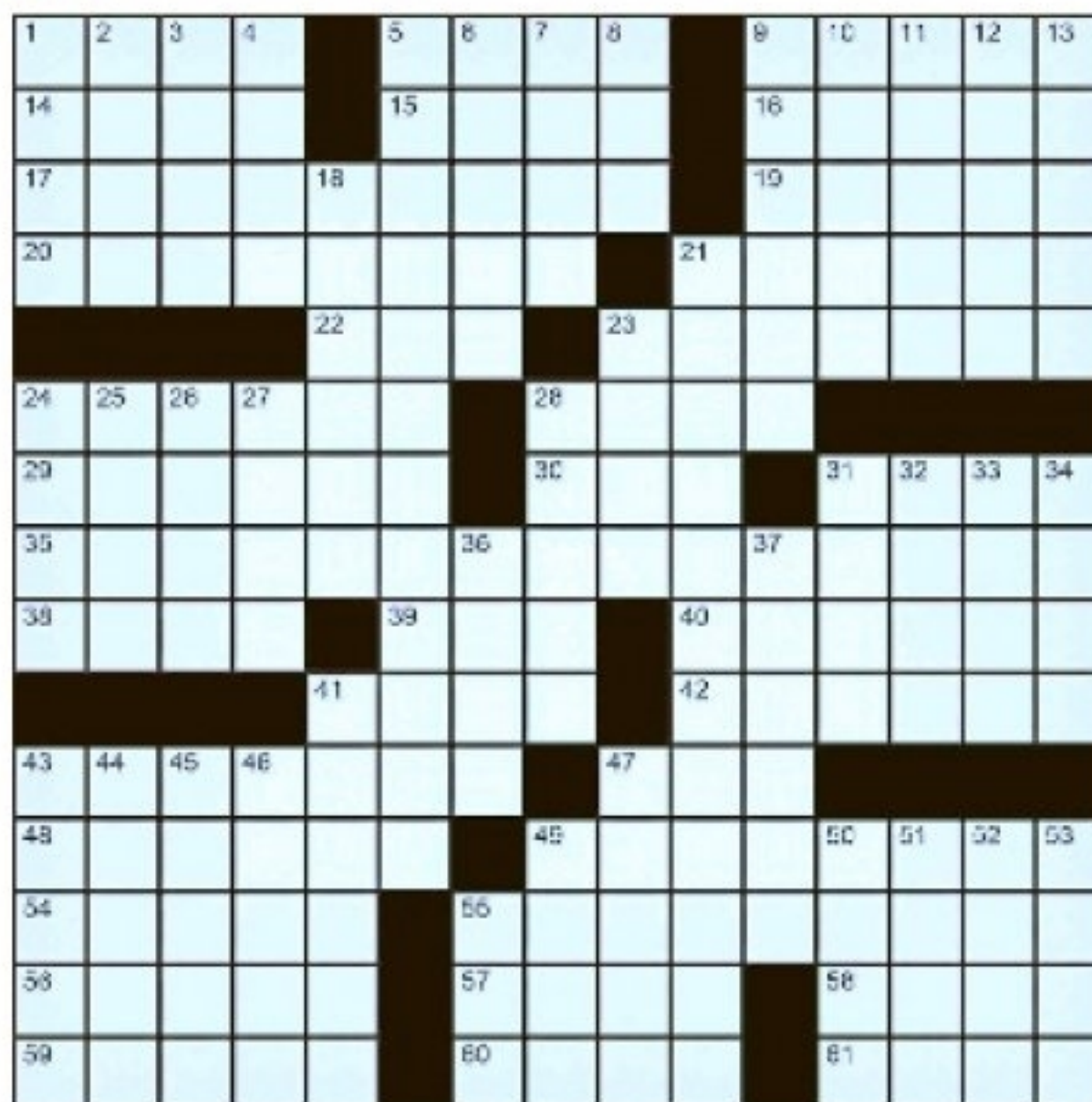
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Leaf to Maple branch link
- Grub
- Car's stopper
- Like a hooting bird
- Five-star
- Cite
- What the homeowner is asking for, such as in a real estate ad: 2 wds.
- Chipmunk's chew
- Carole = _ _ carriage
- Harbour structures
- Bon _ (Witicism)
- Shakespeare's fantastical play, The _
- Particular prickly plant
- British supermodel Kate
- Animal Farm author George
- Deep-into-sleep
- Swell
- Canada's 8th Prime Minister: 3 wds.
- Wild blue yonder's
- "Cold Mountain" (2003) role
- Bitterly complained
- Similar
- Says "Do this, this and that"
- Fruity frozen dessert
- "I Am _" (2001)
- Ritz roe on hors d'oeuvres trays
- Charmed
- Insurance company



- gig
- Whole grain recipe component: 2 wds.
- Rene Descartes: "Je _ donc je suis." (I think, therefore I am)
- Hawkeye State
- Comic actress Madeline
- Insert

- "_ 101" (TV show Britney Spears' sister Jamie Lynn starred on)
- _ Machines (Casino games)

DOWN

- _ career (Ex-band member's under-taking)

- _size bed
- Other
- Legendary tale
- "Canada's First Lady of Country Music": 2 wds.
- Operate a crane in a way
- As soon as...
- Teensy

- 19th-century German composer Johannes
- Post-game analysis
- "Fortune is painted blind, with a muffler _ her eyes..." - Shakespeare
- Woodworking cuts

- Surrealist artist Max
- Grapefruit-like fruit
- Hip-and-happening Winnipeg neighbourhood centred around Sherbrook Street: 2 wds.
- Talk up/boast
- Flip
- Mr. Estrada
- Haywire
- Sunday church deliveries, for short
- Erin of "Happy Days"
- Canadian star of classic TV series "Dark Shadows", Jonathan _
- Loafing
- _do-well
- Finishes
- Change in the newsroom
- Viking ship crew
- Decreaser
- Scenic suffix to 'Sea'
- Tom _ (Robert Duval's character in 'Godfather' movies)
- Function to attend
- Get the shampoo out
- Lucy _ (Main character in Charlotte Bronte's 1853 novel Vilette)
- 'Switch' suffix
- Bible-style vessels
- Oman money
- Hello Heellloo! Heellloo!
- Autoshop repair
- Industry, colloquially

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You will enjoy redecorating where you live or buying beautiful things for home and family. This is a great day to entertain at home. Invite the gang over!

Taurus April 21 - May 21
Your social skills are tops today! Enjoy schmoozing with partners, close friends, siblings and neighbors. This is a strong day for writers and actors, teachers and salespeople.

Gemini May 22 - June 21
Trust your moneymaking ideas! This is a good day for business and commerce. Financial deals will be positive. Shopping for beautiful things will please you.

Cancer June 22 - July 23
You feel friendly and sociable today. (Many of you also are passionate and sexy!) Enjoy schmoozing with others, because you will assert yourself with style and diplomacy.

Leo July 24 - Aug. 23
Today the Moon is in your sign, which is empowering. Some of you will enjoy secret flirtations or clandestine love affairs. However, you will be more emotional than usual.

Virgo Aug. 24 - Sept. 23
This is a great day to relate to friends or members of groups. In fact, a friend might become a lover. It's a good day for meetings, classes and large conferences.

Libra Sept. 24 - Oct. 23
Relations with bosses, parents, teachers and VIPs are excellent today. Expect someone to ask for your creative advice or input about design, layout and the appearance of something.

Scorpio Oct. 24 - Nov. 22
Travel for pleasure appeals today. However, some of you will be attracted to someone who is different or from another culture. Go after opportunities in publishing, medicine, the law and higher education.

Sagittarius Nov. 23 - Dec. 21
Gifts, goodies and favors from others will come your way today. This is a good day to ask for a loan or mortgage.

Capricorn Dec. 22 - Jan. 20
Relations with partners and close friends will be warm and lively today. Even your dealings with the general public are excellent.

Aquarius Jan. 21 - Feb. 19
Co-workers are supportive today, which is why this is a good day to move forward at your job. If you suggest something, others will follow or agree with you.

Pisces Feb. 20 - March 20
This is a romantic, flirtatious day! New love will blossom for some of you. Many of you will enjoy subtle flirtations and form contacts with others. It's a great day to socialize!

CONCEPTIS SUDOKU by Dave Green

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